

Stop-Hit – a hit made into the opponent's attack or counter-attack.

It is the only counter-offensive action that results in a hit awarded, and only in épée.

Teaching Points: Opponent does a poorly executed attack to body/under-arm/thigh.

- Invitations to attack and use of visual stimulus to anticipate the attack.
- Stop hit is made to advanced target.
- Stress the accuracy of the point, and exactly where it lands.
- Hit, without being hit.

Time Hit - a stop hit with opposition. So, the stop hit deflects the attacking blade by closing the opponent's final line of attack when the stop hit is made.

[Bruce Lee's *Jeet Kune Do* ('the way of the intercepting fist') takes this technique to Kung Fu.]

In épée teach a time hit to elbow pit as opponent attacks inside high line (one period of fencing time) as a possible alternative to a quarte parry/riposte (two periods of fencing time).

Also teach a time hit as a possible alternative to an octave parry/riposte when opponent attack high outside line with high hand and lower point.

Time hits in high line are easier when opponent has low hand and high point (vice versa in low line). Often used against a different handed fencer.

Teaching Points:

- Often a premeditated counter-offensive action based on *observing* the opponents favoured final line of attack.
- When attack initiated, the counter-attack is begun.
- With point always moving forward, straight to the target.
- Hand moves diagonally forward, deflecting the attacking blade with forte and guard.
- Timing is key, with much practice needed.
- At end, the attacked line is covered with blades engaged.
- Hit without being hit!

Counter-Time – refers to any action made against the opponent's counter offensive action, i.e., the opponent's attempt to stop-hit. This is often a premeditated action (i.e., *second intention*).

Second Intention – drawing a movement from your opponent and acting on it.

Example of the use of counter-time by drawing a stop-hit to, say, forearm.

- Attack under-the-wrist hence drawing a stop hit to forearm.
- When opponent attempts stop hit, take the parry well forward.
- Add the riposte (ideally in opposition as this prevents the opponent's remise).

Timing/distance is key: too close and time-hit probably will go through, too far and stop-hit will not be provoked.

We can build tactical hits from this, such as a time hit in counter-time.

Finta in Tempo or *feint in time* is a feint of counter-attack that draws a counter-time parry, which is then deceived. This is a compound counter-attack.

Broken time – a deliberate brief pause during a movement that is usually made continuously.

Example: Insert a brief pause into a simple direct attack by momentarily stopping the arm extension before completing it smartly. The pause can be timed to anticipate and avoid a parry (trompelement), and the continuation gives the hit.

Renewals

Remise – a renewed offensive action when the blade remains in the same line (where attack fell short or was parried) so that the opponent's movement gives the hit or a small movement puts the point on. In FIE Rules: "A simple and immediate offensive action which follows the original attack, without withdrawing the arm, after the opponent has parried or retreated, when the latter has either quitted contact with the blade without riposting or has made a riposte which is delayed, indirect or compound."

Redoublement – a renewed offensive action by an additional movement of blade, arm or body but not the feet. In FIE Rules: "A new action, either simple or compound, made against an opponent who has parried without riposting or who has merely avoided the first action by retreating or displacing the target."

Reprise - a renewed offensive action by an additional movement of the feet. In FIE Rules: "A new attack executed immediately after a return to the on-guard position."

All are generally done as a premediated action against a fencer who parries but does not riposte immediately.

- Full lunge with legs but deliberately short with body and arm
- Respond immediately after attack is parried, with remise, redoublement or reprise as appropriate.

Dérobement

Dérobement – an evasion of the opponent's attempt to find the blade (when you are stationary or moving backward).

Exercise: Straighten arm and avoiding opponent taking or parrying your blade. No bending of arm throughout movement and point always threatens target. There should be no contact of blades and want only single light.